

Club Adventure 11-13 ans - semaine 1

Mon	Tue	Wed	  
Swim Test Test d'aisance Aquatique Swimwear, goggles (optional)	Canyoning Canyoning Hat, swimwear, water bottle	Climbing Escalade en salle Hat, trainers, water bottle	
Thu	Fri	NOTES	
Rafting “Samoens” <i>return 17h</i> Hat, trainers, swimwear, water bottle	Paddleboarding Paddle Hat, trainers, swimwear, water bottle	Comfy clothes suitable for activities (that can get dirty or wet) • A jumper or fleece depending on the weather conditions • Trainers or walking shoes (that can get dirty or wet) • A waterproof jacket • Vêtements qui ne craignent ni l’eau ni la boue • Sweat ou polaire selon la météo • Tennis ou chaussures de marche qui ne craignent ni l’eau ni la boue • K-way	